

2025 USAT NATIONAL QUALIFIER

Oklahoma State

Taekwondo Championship

Information Packet

US 12.0
point event



April 4-5

OKLAHOMA CITY, OK



WELCOME!

Welcome to our 2025 USAT National Qualifier Oklahoma State Championship! Here we include more detailed information to help make your participation smooth and successful.

The 2025 USAT National Qualifier Oklahoma State Championship will take place April 4-5, 2025, in Oklahoma City, Oklahoma.

Athletes who compete and finish in the Top 4 (Gold, Silver, Bronze, Bronze) at a State Championship will automatically qualify for the 2025 U.S. National Taekwondo Championships. This year athletes may only attend 2 State Championships of their choosing.

EVENT POINTS OF CONTACT

Hosted by Oklahoma State Taekwondo Association (OSTA)

Website: okstk.org

Email: okstk@gmail.com

Sponsored by U.S. Central Taekwondo Association

Great Grandmaster In Hui Won, president OSTA & USCTA & tournament director

gmwons@gmail.com

(405) 793-0752

Grandmaster Seung Hwan Kim, Referee Chairman

usatreferee@gmail.com

Grandmaster John Carpenter, Assistant director

Tournament Coordinators:

Master Cheongwook Park, Amy Bergseth, & Heather Bergseth

Mailing Address:

10801 S. Sunnyslane Rd.
Oklahoma City, OK 73160

SANCTIONED BY

Promoter & Sanctioned By:
U.S.A. Taekwondo/USATKD
1015 Garden of the Gods Road
Suite 110
Colorado Springs, CO 80907



GOVERNANCE

All sanctioned State Championships must use and follow the USA Taekwondo Rules and Regulations.

For current Sparring and Poomsae rules please refer to the following link:

<https://www.teamusa.org/usa-taekwondo/v2-events/competition-rules>

VENUE

Del City Middle School Gym

2300 Linda Ln., Del City, OK 73115

There will be signs, but the entrance will be on the back, North side of the building.

LODGING

La Quinta Inn & Suites (405) 759-7700

2140 Riverwalk Dr. Moore, OK 73160

Pool & hot tub, workout room, free breakfast & Wi-Fi

OR

Located 2 miles from dojang: Extended Stay America - OKC Southeast,

4112 E Interstate 240 Service Rd., Oklahoma City, OK 73135

(405) 619 9495 extendedstayamerica.com

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USAT WEBSITE LINKS

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- [Sparring Weight Categories](#)
- [USATKD Kyorugi Head Contact Rules](#)
- [Poomsae Divisions](#)
- [Compulsory Poomsae](#)
- [Designated Poomsae \(to be posted here, closer to event date\)](#)
- [2024 National Team Pathways and Procedures](#)

SCHEDULE

Friday April 4, 2025		
REPORT TIME	DESCRIPTION OF EVENT	LOCATION
All divisions, all events		All ages, all belts
4-8 pm	Credential Pick Up (Athlete & Coach) <i>(you may also pick up credentials on the day of the event at event location, at least 1 hour before your event/division)</i>	10801 S. Sunnyslane Rd. OKC, OK 73160
All divisions, Sparring		All ages, all belts
1-8 pm	Sparring Weigh-In	10801 S. Sunnyslane Rd. OKC, OK 73160
ALL SPARRING COMPETITORS MUST BE CHECKED IN AND WEIGHED IN BY 8:00PM FRIDAY		

Saturday April 5, 2025	
<p>LOCATION FOR SATURDAY FOR ALL: Del City Middle School Gym 2300 Linda Lane Del City, OK 73115</p>	<p>NOTE: subject to change +/-1 hour Note: The Sunnyslane location will be closed</p>
REPORT TIME	EVENT & DIVISION
7 am	Doors Open, All Divisions
8 am	Credential Pick Up continues, All Divisions (pick up at least 1 hour before your event/division)
8:30 am	Competition begins
8:30 am	Ages 11 & under all belts , all divisions/events
8:30 am	Ages 10-17 Black Belt , Sparring/Kyorugi
10:30 am	Ages 18 & Up Black Belt , All Poomsae/forms & special events
1 pm	Lunch break
2 pm	Ages 18 & Up Black Belt , Sparring/Kyorugi
2 pm	Ages 12-17 Black Belt , Poomsae/forms
2 pm	Ages 12 & Up Color Belt , All divisions, all events
ALL SPARRING COMPETITORS MUST BE CHECKED IN AND WEIGHED IN BY 8:00PM FRIDAY	

REPORT TIMES*

SPARRING/KYORUGI		
Ages	Color belts	Black Belts
Dragon (6-7)	8:30 am	
Tiger (8-9)		
Youth (10-11)	2 pm	8:30 am (with E-scoring systems)
Cadet (12-14)		
Junior (15-17)		
Senior + (18 & up)		2 pm
(INDIVIDUAL) POOMSAE/FORMS		
Ages	Color belt	Black Belt
Dragon (6-7)	8:30 am	
Tiger (8-9)		
Youth (10-11)		
Cadet (12-14)	2 pm	2 pm
Junior (15-17)		
Senior + (18 & up)		10:30 am
SPECIAL EVENTS (Breaking, Weapons, Team, Creative Poomsae, etc.)		
Ages	Color belt	Black Belt
Dragon (6-7)	8:30 am	
Tiger (8-9)		
Youth (10-11)		
Cadet (12-14)	2 pm	2 pm
Junior (15-17)		
Senior + (18 & up)		10:30 am

***Please pay close attention, ring location will be announced, and officials will do their best to avoid conflicts if in multiple events/divisions. If there is a conflict, tell officials right away. Same if you do not get a sparring match or exhibition match. Tell your ring, the head table, and/or head referee.**

EVENT SPECTATOR TICKETS

Ticket Pricing	
Event Ticket	At-Door
All-Event Pass	N/A
Single Day (Adult 18+)	\$10
Single Day (Child 6-17)	\$5
Children 5 & Under	Free

WEIGH-IN & REGISTRATION

Weigh-In (sparring only): Friday April 4, 2025, 1-8 pm

Location: 10801 S. Sunnyslane Rd., OKC, OK 73115

Credential Pick-up: Friday 4-8 pm at weigh-in location, or Saturday morning at the event location at least an hour before your event

- All sparring competitors must weigh-in the day before the competition.
- Athletes only competing in Poomsae/Forms do not need to weigh-in but may still check-in and pick up their credentials. Coaches as well can pick up.

REGISTRATION DEADLINES & FEES

Registration for all athletes, coaches, and referees will be done through [USATKD Sport80](#). All registrations must be completed by the registration deadline. **There will not be any onsite registration for athletes.**

If you need assistance registering for the event, please view a short [video](#) that has been provided.

How-To-Register for an Event

Once on the USATKD Sport80 page:

1. Click on “Events”, located on the left-hand side of the Home Page.
2. Click on “Preview Upcoming Events”, located under the login tab.
3. Click on the “Enter” tab for the Oklahoma State Championship registration.

All athletes and coaches must register and pay in full by the registration dates.

Registration Deadline: end March 24 at 11:59 p.m. MT.

THERE WILL BE NO LATE REGISTRATION.

USATKD HAS A NO REFUND POLICY.

All athletes must register and pay in full by the registration deadline. No exceptions will be made for not completing registration. If you are having trouble registering, please email mnewman@usatkd.org for assistance.

Athletes aged 18 and older must complete the U.S. Center for SafeSport course each year.

The SafeSport and background check can be completed from your [Sport80](#) profile.

Athletes will need to check their belt information in the belt section. Athletes will want to make sure a belt color is added in your Sport80 profile. Black belt athletes will need to upload a copy of their black belt certificate in [Sport80](#).

Athletes do not need to provide proof of residency or citizenship to participate in a state championship.

ATHLETES

Divisions (an event, like Sparring, Poomsae, Etc.)	Registration Fee	Registration Deadline
1st Division	120	March 24
2nd Division	155	
3rd Division	190	
4th Division		
5th Division		
6th Division		
7th Division		
8th Division		

****Registration Deadlines end at 11:59pm (MT)****

COACHES

CIDP LEVEL	Registration Fee	Registration Deadline
Associate Coach or Level 1	\$50	March 24

Registration for all athletes, coaches, and referees will be done through [USATKD Sport80](#). All registrations must be completed by the registration deadline.

If you need assistance registering for the event, please view a short [video](#) that has been provided.

Coaches must have at minimum an Associate Coach certification to coach at the National Championships.

Coaches must be at minimum an Associate Coach or higher to coach in the World Class Cadet Sparring, Junior Sparring, Senior Sparring and 12 & older World Class black belt poomsae divisions at the National Championships, Grand Prix Final, and Grand Slams. Click [here](#) to access the Associate Coach test.

Coaches are required to complete and pass a background check (every two years), complete the U.S. Center for SafeSport training (every year).

The SafeSport and background check can be completed from your [Sport80](#) profile.

WEIGHT DIVISIONS, WEIGHT & BELT CHANGES & BRACKETING

*Or find the same info under USAT Website Links ([page 3](#)).

SPARRING

Not exceeding means the weight limit is defined by the criterion of one decimal place away from the stated limit. For example, not exceeding 50kg is established as until 50.0kg with 50.1kg being over the limit and resulting in disqualification. Over: Over 50.00 kg marks occur at the 50.1kg reading and 50.0kg and below is regarded as insufficient, resulting in disqualification.

Ultra Divisions (33+ year olds) – All Belt Colors (Yellow, Green, Blue, Red & Black) (33-40, 41-50, 51-99) †

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fly	Not exceeding 58kg	Not exceeding 49kg
Light	Over 58kg & Not exceeding 68kg	Over 49kg & Not exceeding 57kg
Middle	Over 68kg & Not exceeding 80kg	Over 57kg & Not exceeding 67kg
Heavy	Over 80kg	Over 67kg

Senior Divisions (17-32 year olds) – All Belt Colors (Yellow, Green, Blue, Red & Black) †

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fin	Not exceeding 54kg	Not exceeding 46kg
Fly	Over 54kg & Not exceeding 58kg	Over 46kg & Not exceeding 49kg
Bantam	Over 58kg & Not exceeding 63kg	Over 49kg & Not exceeding 53kg
Feather	Over 63kg & Not exceeding 68kg	Over 53kg & Not exceeding 57kg
Light	Over 68kg & Not exceeding 74kg	Over 57kg & Not exceeding 62kg
Welter	Over 74kg & Not exceeding 80kg	Over 62kg & Not exceeding 67kg
Middle	Over 80kg & Not exceeding 87kg	Over 67kg & Not exceeding 73kg
Heavy	Over 87kg	Over 73kg

Junior Divisions (15-17 year olds) – All Belt Colors (Yellow, Green, Blue, Red & Black) †

Classification	Male Divisions Weight Category (KG)	Female Divisions Weight Category (KG)
Fin	Not exceeding 45kg	Not exceeding 42kg
Fly	Over 45kg & Not exceeding 48kg	Over 42kg & Not exceeding 44kg
Bantam	Over 48kg & Not exceeding 51kg	Over 44kg & Not exceeding 46kg
Feather	Over 51kg & Not exceeding 55kg	Over 46kg & Not exceeding 49kg
Light	Over 55kg & Not exceeding 59kg	Over 49kg & Not exceeding 52kg
Welter	Over 59kg & Not exceeding 63kg	Over 52kg & Not exceeding 55kg
Light Middle	Over 63kg & Not exceeding 68kg	Over 55kg & Not exceeding 59kg
Middle	Over 68kg & Not exceeding 73kg	Over 59kg & Not exceeding 63kg
Light Heavy	Over 73kg & Not exceeding 78kg	Over 63kg & Not exceeding 68kg
Heavy	Over 78kg	Over 68kg

Cadet Divisions (12-14 year olds) – All Belt Colors (Yellow, Green, Blue, Red & Black) †

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fin	Not exceeding 33kg	Not exceeding 29kg
Fly	Over 33kg & Not exceeding 37kg	Over 29kg & Not exceeding 33kg
Bantam	Over 37kg & Not exceeding 41kg	Over 33kg & Not exceeding 37kg

Feather	Over 41kg & Not exceeding 45kg	Over 37kg & Not exceeding 41kg
Light	Over 45kg & Not exceeding 49kg	Over 41kg & Not exceeding 44kg
Welter	Over 49kg & Not exceeding 53kg	Over 44kg & Not exceeding 47kg
Lt. Middle	Over 53kg & Not exceeding 57kg	Over 47kg & Not exceeding 51kg
Middle	Over 57kg & Not exceeding 61kg	Over 51kg & Not exceeding 55kg
Lt. Heavy	Over 61kg & Not exceeding 65kg	Over 55kg & Not exceeding 59kg
Heavy	Over 65kg	Over 59kg

Youth Divisions (10-11 year olds) – All Belt Colors (Yellow, Green, Blue, Red & Black) †

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fin	Not exceeding 30kg	Not exceeding 30kg
Light	Over 30kg & Not exceeding 35kg	Over 30kg & Not exceeding 35kg
Middle	Over 35kg & Not exceeding 40kg	Over 35kg & Not exceeding 40kg
Heavy	Over 40kg	Over 40kg

Tiger Divisions (8-9 year olds) – All Belt Colors (Yellow, Green, Blue, Red & Black)

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fin	Not exceeding 21kg	Not exceeding 21kg
Light	Over 21kg & Not exceeding 25kg	Over 21kg & Not exceeding 25kg
Middle	Over 25kg & Not exceeding 30kg	Over 25kg & Not exceeding 30kg
Heavy	Over 30kg	Over 30kg

Dragons Divisions (6-7 year olds) – All Belt Colors (Yellow, Green, Blue, Red & Black)

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fin	Not exceeding 19kg	Not exceeding 19kg
Light	Over 19kg & Not exceeding 23kg	Over 19kg & Not exceeding 23kg
Middle	Over 23kg & Not exceeding 27kg	Over 23kg & Not exceeding 27kg
Heavy	Over 27kg	Over 27kg

Junior Safety Rules: Attacks to the head are prohibited. The Referee will penalize the athlete for this case. The referee can decide the winner of RSC (Referee Stop Contest) in case of significant difference of competing ability between two athletes

† **All black belts ages 10 & up kyorugi/sparring will use Generation 2 electronic Daedo gear. They will need to purchase or borrow from someone e-socks. Please make sure they are prepared, as we cannot guarantee that we will have any left for purchase.**

Weight & Belt Changes:

Weight, division/event, and belt changes can only be made at weigh-in. There will be no weight, division/event, and belt changes onsite. Make sure to check on your Sport80 page and when you register for the event that the correct weight, division/event, and belt is listed. Any changes may require a fee for administrative purposes. There are too many people, and it would be impossible to change every single person. Therefore, to avoid errors, and in an effort to get it listed correctly the first time **(YOU MUST CHECK ONLINE PROFILE ON SPORT80 AND WHEN YOU REGISTER FOR THE TOURNAMENT) WE RESERVE THE RIGHT TO CHARGE A FEE FOR CHANGES.**

Athletes can change weight classes, division/event, and belt through the final registration deadline. If an athlete would like to change their weight class before the final registration deadline, they must email mnewman@usatkd.org.

POOMSAE

INDIVIDUAL POOMSAE

AGE CLASSES	AGE DIVISIONS	BELT COLOR	RANK	COMPETITION TYPE
DRAGONS	6-7 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
DRAGONS	6-7 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WTF FORMAT
TIGER	8-9 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
TIGER	8-9 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WTF FORMAT
YOUTH	10-11 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
YOUTH	10-11 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WTF FORMAT
CADET	12-14 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
CADET	12-14 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WTF FORMAT
JUNIOR	15-17 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
JUNIOR	15-17 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WTF FORMAT
UNDER 30	18-30 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
UNDER 40	31-40 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
UNDER 50	41-50 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
UNDER 60	51-60 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
UNDER 65	61-65 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
OVER 65	66 & OLDER	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT

UNDER 30	18-30 YEARS OLD	BLACK	1 ST – 9 TH	WTF FORMAT
UNDER 40	31-40 YEARS OLD	BLACK	1 ST – 9 TH	WTF FORMAT
UNDER 50	41-50 YEARS OLD	BLACK	1 ST – 9 TH	WTF FORMAT
UNDER 60	51-60 YEARS OLD	BLACK	1 ST – 9 TH	WTF FORMAT
UNDER 65	61-65 YEARS OLD	BLACK	1 ST – 9 TH	WTF FORMAT
OVER 65	66 & OLDER	BLACK	1 ST – 9 TH	WTF FORMAT

PAIRS POOMSAE (CO-ED) – 1 MALE & 1 FEMALE

Dragon(6-7), Tiger (8-9), Youth(10-11), Cadet (12-14), Juniors (15-17), 1st Pairs (18-30) & 2nd Pairs (31+) Pairs Poomsae

Division	Belt	Rank	Gender	
Dragon (6-7)	Black	1 st – 9 th	Co-Ed	Modified WTF Format
Tiger (8-9)	Black	1 st – 9 th	Co-Ed	Modified WTF Format
Youth (10-11)	Black	1 st – 9 th	Co-Ed	Modified WTF Format
Cadet (12-14)	Black	1 st – 9 th	Co-Ed	Modified WTF Format
Juniors (15-17)	Black	1 st – 9 th	Co-Ed	Modified WTF Format
1 st Pairs (18-30)	Black	1 st – 9 th	Co-Ed	WTF Format
2 nd Pairs (31+)	Black	1 st – 9 th	Co-Ed	WTF Format

*State Championships can choose to do Dragon, Tiger and Youth Pairs Poomsae, but those divisions will not be available at the USA Taekwondo National Championships. *

**State Championships can choose to do color belt Co-Ed Pairs Poomsae, but those divisions will not be available at the USA Taekwondo National Championships. **

TEAM POOMSAE – 3 COMPETITORS OF THE SAME GENDER

Dragon (6-7), Tiger (8-9), Youth (10-11), Cadet (12-14), Junior (15-17) 1st Team (18-30) & 2nd Team (31+) Team Poomsae

Division	Belt	Rank	Gender
Dragon (6-7)*	Black	1 st – 9 th	Female
Dragon (6-7)*	Black	1 st – 9 th	Male
Tiger (8-9)*	Black	1 st – 9 th	Female
Tiger (8-9)*	Black	1 st – 9 th	Male
Youth (10-11)*	Black	1 st – 9 th	Female
Youth (10-11)*	Black	1 st – 9 th	Male
Cadet (12-14)	Black	1 st – 9 th	Female
Cadet (12-14)	Black	1 st – 9 th	Male
Juniors (15-17)	Black	1 st – 9 th	Female
Juniors (15-17)	Black	1 st – 9 th	Male
1 st Team (18-30)	Black	1 st – 9 th	Female
1 st Team (18-30)	Black	1 st – 9 th	Male
2 nd Team (31+)	Black	1 st – 9 th	Female
2 nd Team (31+)	Black	1 st – 9 th	Male

State Championships can choose to do Dragon, Tiger and Youth Team Poomsae, but those divisions will not be available at the USA Taekwondo National Championships.

**State Championships can choose to do color belt Team Poomsae, but those divisions will not be available at the USA Taekwondo National Championships. **

BOARD BREAKING

AGE CLASSES	AGE DIVISIONS	BELT COLOR	SET-UP TIME LIMITS	ROUTINE TIME LIMITS
DRAGONS	6-7 YEARS OLD	YELLOW/GREEN, BLUE/RED & BLACK	1 MINUTE	1 MINUTE
TIGER	8-9 YEARS OLD	YELLOW/GREEN, BLUE/RED & BLACK	1 MINUTE	1 MINUTE
YOUTH	10-11 YEARS OLD	YELLOW/GREEN, BLUE/RED & BLACK	1 MINUTE	1 MINUTE
CADET	12-14 YEARS OLD	YELLOW/GREEN, BLUE/RED & BLACK	1 MINUTE	1 MINUTE
JUNIOR	15-17 YEARS OLD	YELLOW/GREEN, BLUE/RED & BLACK	1 MINUTE	1 MINUTE
SENIOR	18-32 YEARS OLD	YELLOW/GREEN, BLUE/RED & BLACK	1 MINUTE	1 MINUTE
ULTRA	33+ YEARS OLD	YELLOW/GREEN, BLUE/RED & BLACK	1 MINUTE	1 MINUTE

DEMONSTRATION TEAM

AGE CLASSES	AGE DIVISIONS	BELT COLOR	SET-UP TIME LIMITS	ROUTINE TIME LIMITS
DEMO TEAM	ALL AGES	ALL BELT COLORS	1 MINUTE	10 MINUTES

ADDITIONAL EVENTS

****Additional events held in conjunction with a State Championship are not qualifiers to the**

USA Taekwondo National Championships**

Weapons

WEIGH-IN

1. A competitor's weight shall be measured the day prior to their competition day. All competitors must weigh-in during the designated times on the schedule.
2. A competitor's weight may be measured twice. If a contestant does not qualify the first time, one more official weigh-in is granted within the time limit. So as not to be disqualified during official weigh-in, a scale, the same as the official one, shall be provided at the convention center as a test scale.
3. During the weigh-in, the contestant is required to show his/her current photo ID, USATKD identification card or birth certificate. All participants must provide a valid UD to weigh-in. There is no exception to this policy. Valid ID can be any of the following: Government Issued ID, School ID, Military Id, or Passport. If the athlete is a minor and does not have a Valid photo ID, then they are allowed to provide a copy of the athlete's birth certificate. Virtual IDs or picture of the ID suffices.
4. Any irregular action by the competitor or coach during the weigh-in may result in disqualification from event participation.
5. Athletes 17 and younger must weigh-in wearing clothing or dobok ONLY. Athletes will be given 0.2kg cushion for clothing. 1 Parent/Guardian of the same sex will be allowed in the weigh-in room with their child. **Under NO circumstances may an athlete weigh-in in the nude in the United States.** Pictures are not allowed in the weigh-in rooms.

QUALIFYING FOR NATIONALS

Athletes that win a medal at a state championship will qualify directly to the U.S. Taekwondo National Championships.

COLOR BELTS

- All color belt athletes will be able to compete in a State Championship and National Championships at the current belt in which they hold. For example, an athlete competed at a State Championship as a green belt but has since tested and received their blue belt. This athlete may now compete at the USA Taekwondo National Championships as a blue belt.
- EXCEPTION: If an athlete competed at a State Championship as a red belt and has since been promoted to black belt, the athlete MAY NOT compete in any black belt divisions.

METHOD OF COMPETITION

Or see all links under [page 3](#).

The current competition rules for all divisions will be used. To view current version, go to: <http://www.teamusa.org/usa-taekwondo/v2-events/competition-rules> ([page 3](#)).

Sparring - A single elimination format will be applied to all sparring divisions. All sparring divisions will use the [USATKD National Rankings sponsored by Tusah](#) to determine seeding and brackets.

Poomsae - All poomsae divisions will be seeded for the first round according to the [USATKD National Rankings sponsored by Tusah](#). Designated Poomsae will be selected from the Compulsory Poomsae.

Board Breaking and Demonstration Team - Judges scoring based on the rules set-forth [online](#).

A single elimination format will be applied to all sparring divisions.

All sparring divisions will be seeded using the [USATKD National Rankings sponsored by Tusah](#).

Age Qualifications: USATKD used the date December 31 of the given year to determine the competition age for all athletes. EX. A 14-year-old athlete turns 15 years old on September 27th, meaning they would compete as a 15-year-old athlete for all events during the calendar year.

BLACK BELT REQUIREMENTS

PROOF OF BLACK BELT REQUIREMENT

- If an athlete doesn't have a black belt certification uploaded to their profile or provide a copy of certification at the time of registration, the State Association will be able to utilize the black belt verification form. The form will include contact information so that USA Taekwondo can track that each person provides a copy of their black belt certification by the National Championships. If a copy is not provided at the National Championships, then the athlete's coach and/or instructor will be required to apply for a USA Taekwondo Dan black belt certificate at the time of registration. For more information on the USA Taekwondo Dan certification program follow this link: <http://www.teamusa.org/USA-Taekwondo/Resources/Dan-Certification-Program>.

AWARDS

SPARRING

Medals and certificates will be given out to the top 4 athletes, in the respective divisions and weight categories.

Individual Awards	
1 st Place	Gold Medal
2 nd Place	Silver Medal
3 rd Place	Bronze Medal
3 rd Place	Bronze Medal

POOMSAE & SPECIAL (OTHER) EVENTS

Medals and certificates will be given to the top 4 individuals, pairs (co-ed) and teams in the respective divisions.

Individual/Pairs/Team Awards	
1 st Place	Gold Medal
2 nd Place	Silver Medal
3 rd Place	Bronze Medal
3 rd Place	Bronze Medal

SAFESPORT & MAAP

If you need crisis intervention, referrals, or emotional support at any time, contact the 24-hour SafeSport Helpline at 866-200-0796.

If you are facing a life-threatening emergency, contact 911. Please use this link to report a Safe Sport incident - <https://uscenterforsafesport.org/report-a-concern/>

How to report a Safe Sport concern -

Please call 833 5US Safe

<https://uscenterforsafesport.org/report-a-concern/>

USA Taekwondo, SafeSport and the MAAPP Policy

Safe Sport is an initiative that is mandatory for all USOPC National Governing Bodies to develop and to implement. USA Taekwondo has done so, and it is now a requirement that people in supervisory positions with our Taekwondo athletes must undergo and successfully complete a background check. Of course, the emphasis here is on the safety of our athletes and the strong motivation to keep them safe from all kinds of abuse, to include harassment, bullying and improper touching. We will also be providing training for our membership regarding Safe Sport and its implementation.

We are partnering with the USOPC to bring this training to our membership. Athlete safety concerns our entire membership and SafeSport is a great initiative that has been instituted by the U.S. Olympic & Paralympic Committee to help to protect all of our athletes.

The Minor Athlete Abuse Prevention Policies (MAAPP) limits one-on-one adult/minor interactions and sets standards for training and sport settings that prevent abuse and misconduct. Sport organizations invested in keeping young athletes free of abuse are strongly encouraged to adopt the MAAPP—now required throughout the U.S. Olympic and Paralympic Movement.

Click [here](#) to view USATKD’s SafeSport Details including Reporting and MAAPP

Click [here](#) to view the US Center for SafeSport